



# Foothill Family

Rooted in caring since 1926



## DIR/Floortime



**DIR/Floortime** is a new program at Foothill Family which is funded by First 5 LA. If you have a child 0-5 years of age, who has a **genetic disorder, developmental delay, or a physical impairment**, please call our office to inquire if your child is eligible for DIR/Floortime. In DIR/Floortime, play is one of the four important ingredients which awaken emotions in a child that help create positive interactions and warm engagement through play. The parent is able to enter a child's world and gradually expand on it. DIR/ Floortime focuses on child's development, individual differences, and relationship building, through play time.

DIR/Floortime can help parents:

- Set Limits
- Engage in positive play with their child
- Build positive relationships with their child
- Manage difficult behaviors (such as aggression, hand flapping,
- Learn how to help their child manage emotions (such as anger, anxiety) in a positive manner
- Build/ practice skills based on child's individual development
- Turn practice into games that include the child's favorite activities or interest
- Commit to playing 20 minutes with their child 6 to 8 times per day

FOOTHILL FAMILY

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[www.foothillfamily.org](http://www.foothillfamily.org)

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